



Facilities and Engineering/Environmental Health and Safety Newsletter

Safety Office: (843) 953-4816, 953-6945/Radio: Channel 1 #98 or #99

Date: August 23, 2019

Safety Counter

68

Days Since Last Recordable

(Laceration to head – PSAF 6/16/2019)

(Last injury, strain Athletics)

Safety Stats

2	YTD Campus Recordable Injuries
10.4	RIR Rate (Target: 0.00)
12	YTD First Aids & Report Only
1.9	NCAIS Educational Institution Avg.

Days Since Last OSHA Recordable

864	Zone Maintenance
305	HVAC
226	Grounds
>1,095	Paint Shop
>1,095	Electrical Shop
>1,095	Motor Pool
>1,095	Carpenter Shop
538	Machine/Plumbing Shop
68	All Other Campus Departments



WELCOME ABOARD JESSE!



Stop by the Environmental, Health and Safety Office in Facilities and Engineering complex to say hello and welcome our newest staff member. Jesse Soares started on Friday 16 August as the Environmental, Health and Safety Manager/Campus Fire Marshal. Jesse comes to us from the Fort Mill area where he served as Fire Marshal for the City of Fort Mill. The position has been vacant since April of this year and after an exhaustive search, we are very pleased to have Jesse on staff. We look forward to his professional and expert input on Life Safety/EHS issues on campus as we continue to make The Citadel a safe and secure campus to work and educate our cadets. Jesse and his family have relocated to the Mt. Pleasant area.

Link to Safety Alerts <http://www.citadel.edu/root/safety-alerts>

Link to Safety Newsletters <http://www.citadel.edu/root/citadel-safety-newsletters>

Campus AED Locations: [http://www.citadel.edu/root/images/environmental health-safety/campus-aed-map.pdf](http://www.citadel.edu/root/images/environmental_health-safety/campus-aed-map.pdf)

Hurricane Season – Named Storms

2019

Andrea	Barry	Chantal
Dorian	Erin	Fernand
Gabrielle	Humberto	Imelda
Jerry	Karen	Lorenzo
Melissa	Nestor	Olga
Pablo	Rebekah	Sebastien
Tanya	Van	Wendy

Hurricane Categories

Category 1 – Very dangerous winds will produce some damage (74 – 95 mph)

Category 2 – Extremely dangerous winds will cause extensive damage (96 – 110 mph)

Category 3 – Devastating damage will occur (111 – 129 mph)

Category 4 – Catastrophic damage (130 – 156 mph)

Category 5 – Catastrophic damage (> 157 mph)



BASIC DISASTER SUPPLY CHECKLIST

- SC Hurricane Guide (available in Daniel Library or the EHS Office)
- Portable radio with batteries
- Mobile device chargers
- Non-perishable food (3 days)
- Rain jackets, boots, pants
- Sunscreen, sunglasses, mosquito repellent
- Bedding and clothing for each family member
- Plastic dishes, eating utensils
- Toothbrush, toothpaste
- Soap, shampoo and other hygiene items
- Blankets, towels
- Cash – enough to fill up with gas
- Flashlights, with extra batteries
- First aid kit, including any prescription medication
- Bottled water (2 gallons per person per day)
- All pet supplies (food, water, carrier, leash and vet records)
- Driver's license, Social Security Card, proof of residence, insurance policies, wills, deeds, birth and marriage certificates, tax records, any special medical records, family pictures, etc. (suggest making a list ahead of the storm)

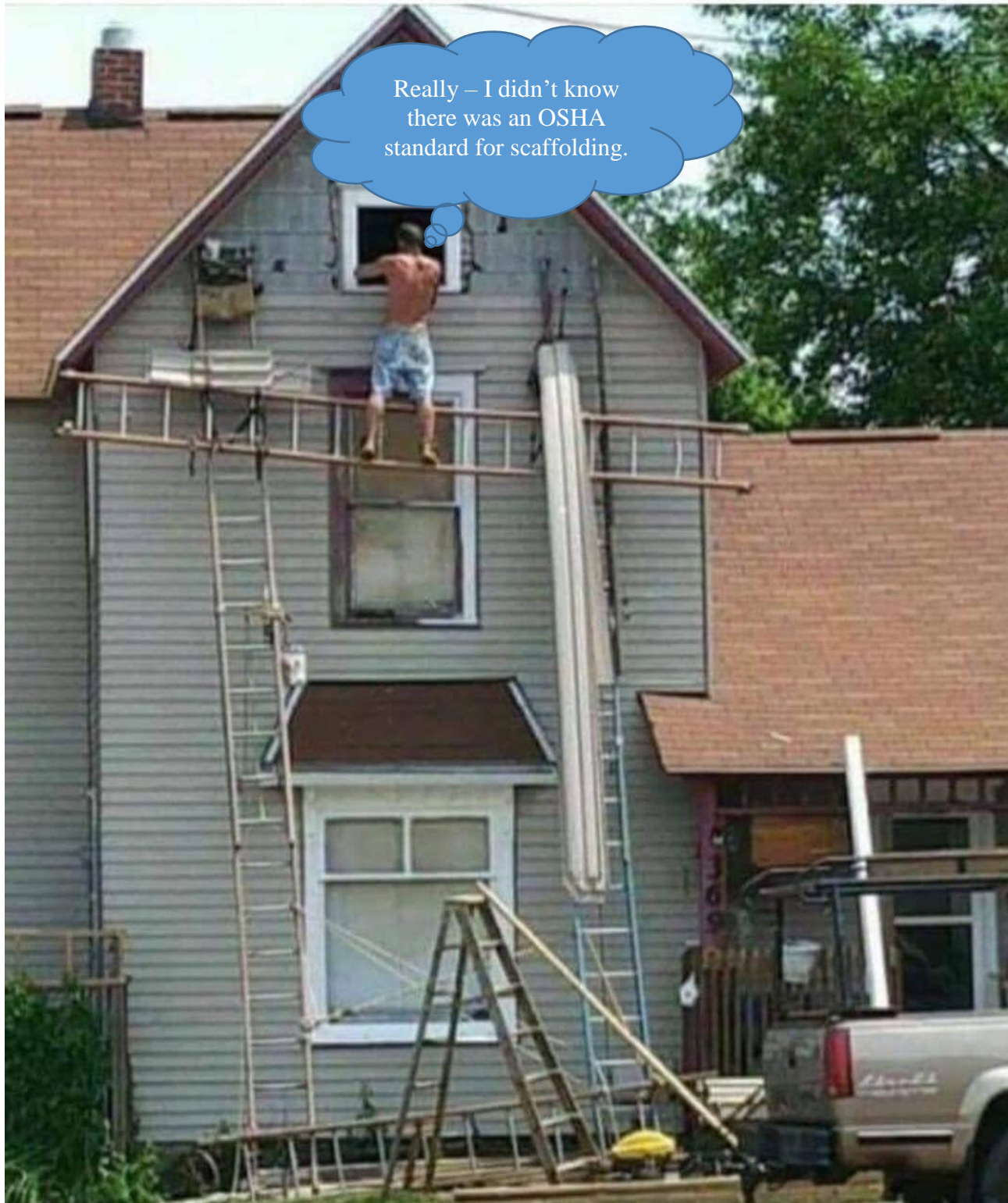
Source: South Carolina Emergency Management Division (SCEMD – 2019)

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SAFETY PICTURE OF THE DAY



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WHAT TO DO IN CASE OF FIRE OR EMERGENCY IN A CAMPUS BUILDING...

1. Numbers to call in case of a fire or emergency:

A. From a campus (VOIP) phone
- 953-5114 (Citadel Public Safety)
-811 (Citadel Public Safety)

B. From a cell phone
-911 (Charleston 911 Dispatch Center)
-843-953-5114 (Citadel Public Safety)

2. Give the following information:

A. Name
B. Phone Number (Preferably a cell #)
C. Location (Bldg, Room #)

D. Nature of emergency (What is the situation?)
E. Number of Injured
F. Nature of Injuries (How/what is injured?)

DO NOT hang up until told to do so.

3. **ALL PERSONNEL MUST EVACUATE** the building when a fire alarm is sounding. **NO EXCEPTIONS!**

4. Know multiple routes out of your building. DO NOT use an elevator in the event of a fire or emergency.

5. Know where your fire extinguishers are located and what types of extinguishers are available.

6. Only attempt to extinguish a fire if you deem it safe enough and small enough. If in doubt, evacuate.

7. Know where the closest fire alarm pull station is located. Most are located near an exit or door to a stairwell.

8. Consider your co-workers. Provide additional help evacuating to those in need, i.e. injured, handicapped, and elderly.

9. Know where your muster points are located. All facilities should have a primary and alternate muster point to assemble and complete accountability of all faculty, staff and students. Muster points should be far enough away from the building to avoid impeding emergency response vehicles. Primary and alternate muster points should be located away from each other in case one is impacted by smoke, gases, etc.

10. Notify emergency responders of anyone that may still be left in the building and where they may be located.

11. **DO NOT RE-ENTER THE BUILDING** for any reason. Only re-enter the building after being given the **"ALL CLEAR"** by Public Safety and alarms have been silenced.

12. Close all doors in office, administrative and educational buildings after rooms have been evacuated. This is especially important if the room is on fire. Closed doors will help to compartmentalize the building and reduce the spread of fire.

13. Barracks doors will be left open with lights on after evacuation unless the room in question is on fire. That door will be closed. Barracks doors left open are to help assist in the evacuation and accountability process.

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Lifting Safety - Back

D B G E P P U R A O J A B A W
V N C D T E E S M J E S R S K
Z O J G N A N X G O T V E J C
I W M B C I N F V N W H A P E
R U F H A H T N I G I G K Y K
E I I R U B W O F P S D S V A
C N T P O S T U R E T L N I X
G S J G O N R D F Y I E O E V
R R O N Z N A V M J N Z N O B
I K L I U O W S V X G U E F T
N V X T L E O E N M O H O K H
R S T F E K G N I Y R R A C S
O V T I S E E N K G C B P A Q
O B N L F F K Y W E H T T B I
P D Y V G Z C M X E H T W L D

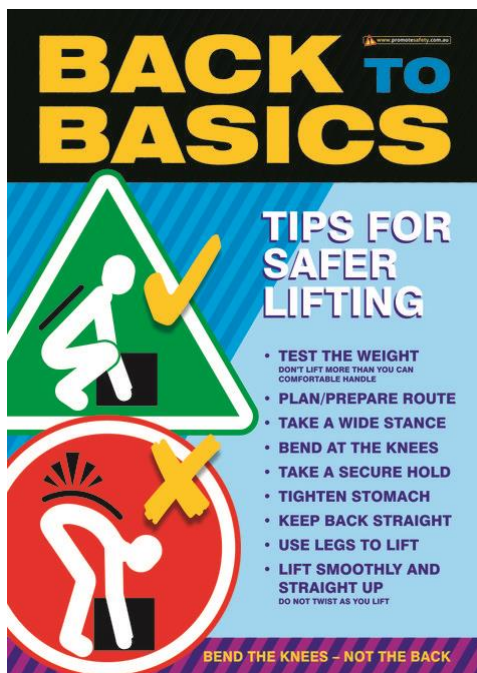
BACK
CARRYING
LIFTING
REACHING
TWISTING

BENDING
FORCE
LOAD
STRAINS
WEIGHT

BREAKS
KNEES
POSTURE
TOOLS

Back Safety Tips: How to Lift Properly

- Push, don't pull, whenever possible.
- Try to avoid sudden quick movements.
- Work with your upper body as close to upright as possible.
- Keep objects that you are lifting or carrying close to your body.
- Make sure you have enough room around you to lift safely.
- Get help before you try to lift a heavy load. Use a dolly or a forklift if you can.
- Don't overdo it. If you have to strain to carry the load, it's too heavy.



Hurricane Trivia:



- Meteorologists long ago learned that naming tropical storms and hurricanes helps people remember the storms, communicate about them more effectively, and so stay safer if and when a particular storm strikes a coast. ... Now, the World Meteorological Organization generates and maintains the list of hurricane names. May 31, 2019
- NOAA's National Hurricane Center does not control the naming of tropical storms. Instead, there is a strict procedure established by the World Meteorological Organization. For Atlantic hurricanes, there is a list of male and female names which are used on a six-year rotation.

What constitutes an OSHA recordable injury?

In order for an injury or illness to be recordable, it must be work-related. An injury is considered work-related if an event or exposure in the workplace caused or contributed or significantly aggravated a pre-existing condition.

Generally, a recordable injury or illness under OSHA is defined as one that requires medical treatment beyond first aid, as well as one that causes death, days away from work, restricted workdays, and transfer to another job or loss of consciousness.

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Contact: Helen Ballestas
(hballest@citadel.edu) for
details. Fall classes: 11/15/19 – 8
am to 10 am and 11/18/19 3pm
to 5 pm.



SAVE A LIFE



AMERICAN COLLEGE OF SURGEONS
Inspiring Quality
Highest Standards, Better Outcomes

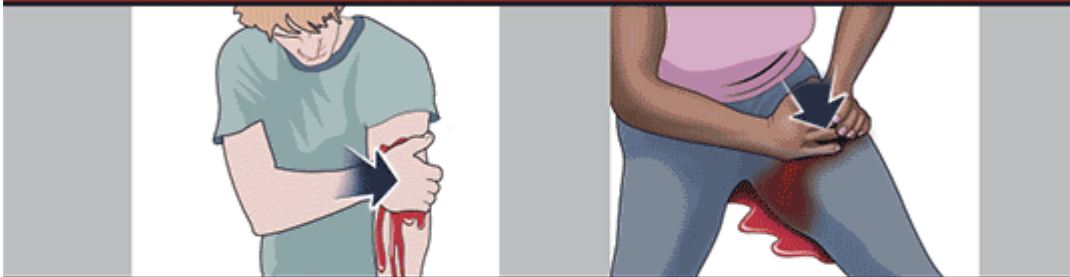


THE
COMMITTEE
ON TRAUMA

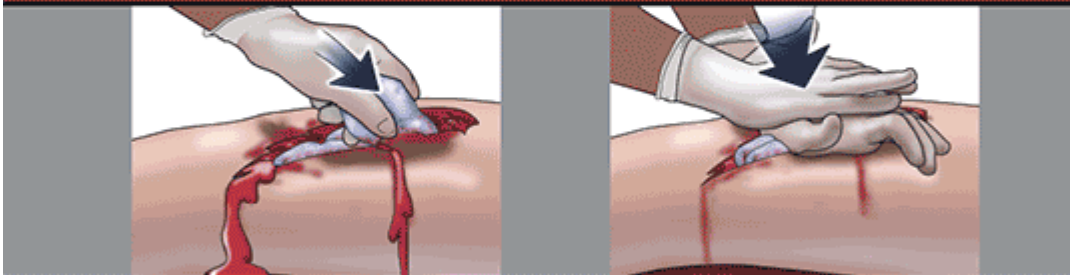


BLEEDINGCONTROL.ORG

1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



WRAP

WIND

SECURE

TIME

CALL 911

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